



Affordable Italy

with a Tuscan Culinary Experience



From
\$2,289
Includes airfare and
fuel surcharge

Departure Date
November 2, 2008

9 Days • 11 Meals

The feast that is Italy is yours to see and taste on a journey through the glory of Rome to the beauty of today's Tuscany.

Tuscan Delight

Join us on our journey to Italy. Marvel at ancient sacred spaces, medieval hill towns, famous art, extraordinary shopping, breathtaking scenery, delicious dining and secrets of Italian cooking. A public audience with Pope Benedict XVI is an optional highlight of our day at the Vatican.

Your Italian adventure begins as you are greeted at the airport by an experienced Tour Manager who will make your tour both carefree and enlightening. Enjoy a panoramic tour of the Eternal City's most famous sites from the 2,000-year-old Coliseum and mar-

bled forums of conquering Caesars to the famous Trevi Fountain and the Church of St. Peter in chains to see Michelangelo's statue of Moses. Pass ancient Roman walls, elegant Renaissance palaces, Baroque churches and trattorias with fashionably dressed outdoor diners. Everywhere you look you will see another fantastic fountain, each designed to catch the breath as past generations caught buckets of water from spouting fish and mythological creatures. After this trip through time, check into your hotel in a charming neighborhood close to Vatican City and just minutes away from Rome's historic center.

Relax, unpack and plan your afternoon. Perhaps you will take the Metro to the Forum to see the world's first Senate building and walk cobbled streets still marked with chariot tracks. Or maybe you will go to Piazza Navona, the heart of the Renaissance with three glorious fountains, or to Trastevere, the arty part of town where serpentine lanes lead to piazzas with large fountains and little shops. By the time the welcome party begins at your hotel, nearly everyone will have had a gelato, the world famous Italian ice cream. Comparing flavors can be as interesting as comparing the afternoon's adventures.

Day by Day

- Services of a Professional Tour Manager
- Round trip scheduled air transportation
- 11 Meals (3 dinners, 1 lunch and 7 breakfasts)
- Round trip airport transfers
- \$45 in future travel credits

Days One and Two

- Meet your Tour Manager in Italy
- Check into your hotel
- Welcome reception

Day Three

- Breakfast at your hotel
- Tour of Rome, the "Eternal City"
- Visit Tivoli and Villa d'Este
- Italian dinner with wine and music in the lovely village of Tivoli

Day Four

- Breakfast at your hotel
- Rome on your own or join an optional Vatican City Tour including museum and public audience with Pope Benedict XVI

Day Five

- Breakfast at your hotel
- Tour Siena and its Cathedral
- Visit Piazza del Campo, site of the world-famous Palio horse race
- Check into your hotel in Montecatini
- Dinner of Tuscan specialties with your traveling companions

Day Six

- Breakfast at your hotel
- Tuscan produce market
- Cooking lessons in Tuscan villa with lunch that we prepare

Day Seven

- Breakfast at your hotel
- Tour medieval town of Lucca
- Tour Pisa and visit the Leaning Tower

Day Eight

- Breakfast at your hotel
- Optional excursion to Florence or day at leisure
- Farewell dinner in Montecatini

Day Nine

- Breakfast at your hotel
- Transfer to Florence Airport for flights home

Hotel Accommodations

Days Two through Four – Grand Hotel Palazzo Carpegna, Rome, Italy

Days Five through Eight – Hotel Cristallino, Montecatini Terme, Italy

Relaxing in the Renaissance

The next morning, explore more of Rome on your own before boarding our motorcoach to the historic hill town of Tivoli where walls raised in 400 BC still aspire to protect the citizens and 200 BC temples remind us of forgotten pagan gods. We step into the Renaissance through the doors of Villa d'Este built in the 1550s for the son of Lucretia Borgia. Lavishly frescoed reception rooms are just a prelude to the garden of greenery and 500 fantastic fountains from a miniature reproduction of Rome to the gigantic Water Organ that cascades musically into shady pools. Our delicious dinner in Tivoli with wine and music is traditionally Italian with many courses leisurely served.

The Heart of Christianity

The next day is devoted to an optional Vatican City tour, where you are invited to a public audience with Pope Benedict XVI. Visit the Vatican Museum containing some of the world's greatest sculpture, famous paintings from every era, rooms decorated by Raphael for a papal apartment and ending in the Sistine Chapel with Michelangelo's breathtaking frescos on the ceiling. Together, we marvel at the treasures of St. Peter's Basilica and the unique features of Christianity's largest church and its colonnades reaching out to embrace the faithful.

On to the Middle Ages

We move on to Siena, passing ancient hill towns, olive groves and vineyards to one of Italy's best-preserved medieval towns filled with marble churches and Gothic architecture. Strolling through Piazza del Campo we may hear the echo of 900 years of pounding hooves as this is home to the Palio, the annual two-minute gallop that draws people from all over the world. Our hotel for the next four nights is in the popular resort town of Montecatini with 14th-century baths and timeless Tuscan vistas, including a funicular tram that swoops you up for a bird's eye view.

Simply Delicious

We take a break from sightseeing to learn the secrets of Tuscan cuisine by accompanying an accomplished chef to the market to select the freshest ingredients. In their villa kitchen, they will share secrets of Italian cooking and teach us how to prepare the memorable Tuscan meal we enjoy together before an afternoon at leisure.

Stepping Back in Time

Tucked into the hills we find the unspoiled medieval village of Lucca and enjoy its sprinkling of palaces, towers and splendid churches all within an easy walk. Then on to see Pisa's 900-year-old cathedral and its incredible Leaning Tower. An optional tour of Florence takes us back to the Renaissance and its art and history studied with household names like Michelangelo, da Vinci and the Medicis.

A Florentine delight is choosing what to do first while enjoying a cappuccino at an outdoor table. Purchase leather goods handcrafted by artisans, stroll the Ponte Vecchio that gleams with gold and has spanned the picturesque Arno River since the 1300s, find artistic treasures you have always wanted to see, explore marbled churches, or venture down the little lanes to the homes of Dante and Michelangelo and the studio of Leonardo da Vinci.

Departing this delightful country, you will understand why one Italian phrase is so often repeated: *non basta una vita* – one lifetime is not enough.

Passport & Visas

Each U.S. citizen must have a valid passport. Expiry date of passports should be at least 6 months after the return date of tour. If you don't have a passport, call our office and we'll tell you how to apply for one. Some countries require visas for entry by U.S. citizens. We will send visa applications and instructions if a visa is required for your tour. Holders of non-U.S. passports should contact their nearest consulate and inquire about the necessary passport or visa documentation required for entry into the countries visited. NOTE: Due to airline security measures, your passport name must match your airline ticket name and your tour reservation name or you may be denied aircraft boarding.



**Prices include
airfare and
fuel
surcharge**

PLEASE PRINT, CUT OUT AND MAIL WITH DEPOSIT.

Affordable Italy

Departure Date: November 2, 2008

Accommodations:

- ☐ Twin
☐ Single ☐ Guaranteed Share

- ☐ \$399 **With** Travelers Protection Plan
☐ \$200 **Without** Travelers Protection Plan

Check Amount Enclosed \$ _____

- ☐ I have enclosed Mayflower Money

NIH & NOAA RECREATION & WELFARE ASSOCIATION

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The name on your passport must match the first and last name on your reservation. A copy of your passport must be provided to Mayflower Tours 75 days prior to departure.

Rooming with _____

Address _____

City _____

State, Zip _____

Home Phone _____

9 Days • 11 Meals

Departure Date

November 2, 2008

Per Person Rates

Twin \$2,289

Single \$2,788

Your tour includes:

- 11 Meals (3 dinners, 1 lunch and 7 breakfasts)
- Round trip airfare from Dulles
- Roundtrip airport transfers
- Fully escorted by a Professional Tour Manager
- \$45 Mayflower Money
- Guaranteed Share Program

To cover various departure and arrival taxes, please add \$125 per person. Rates include a fuel surcharge of \$210 per person which is subject to change.

Optional excursions are purchased while on tour in local currency. Your Tour Manager will have complete details.

Taxes are subject to change

Payment Information

\$399 deposit with Travelers Protection Plan

\$200 deposit without
Travelers Protection Plan

Final Payment Is Due By:

60 days prior to departure

Make Checks Payable To:

Mayflower Tours

Mail Deposit and Final Payment To:

Julie Harris
NIH Recreation & Welfare Association
9000 Wisconsin Avenue
Bldg. 31, Rm BI W30
Bethesda, MD 20892

For Information Contact:

Julie Harris
301-496-6061 or
Liz Unger
410-647-6363

Travelers Protection Plan (TPP) \$199

This nonrefundable fee waives all cancellation fees when we are notified of cancellation before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Tours.

Without Travelers Protection Plan (TPP)

- 61 days or more prior to departure: full refund
- 60-45 days prior to departure: 20% of total tour
- 44-15 day prior to departure: 30% of total tour
- 14-1 day prior to departure: 40% of total tour
- Day of departure or early departure from tour: 100% of total tour
- No refund on unused portions of the tour

Travelers Protection Plan (TPP)

Exclusions: Mayflower Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Tours.